

CENTER OPERATIONS

FITNESS CENTER HOURS

Mon./Wed./Fri. 10:30 AM—2:00 PM

Tues./Thurs. 8:00 AM—12:30 PM

Evening and Saturday Hours

Mon.—Thurs. 5:00 PM—7:00 PM

Sat. 8:30 AM—11:00 AM

NORMAN PARK STAFF

Sandy Chavez	Ysabel Jaimes
Stephanie Campos	Adolfo Herrera
Caitlin Weston	Dayanira Heredia
Carol Verdugo	Julian Castruita
Heder Dominguez	Kassandra Hernandez
Vivianne Atkins	Maricela Vega
Bianca Mitchell	



CENTER HOURS OF OPERATION

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

Norman Park Center will be closed:

Veterans Day: November 11, 2016

Thanksgiving: November 24—25, 2016

Holiday Closure: December 24, 2016—
January 1, 2017



CITY OF
CHULA VISTA

RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec

270 F Street • (619) 409-1930



Norman Park Senior Center

October, November, December 2016

FREE DEMO—Tuesday Meditation: Tuesday, October 4, 2016 @ 5:30 PM

Try out our new Tuesday Meditation class in this free 45-minute demo. Learn techniques to manage and reduce your stress, calm your mind, and increase overall awareness in your daily life. Classes will include seated meditation, breath awareness, and mindful movement. A yoga mat is optional and comfortable clothes are suggested. See page 7 for more information about this new class.

Spooktacular Luncheon & Costume Contest: Wednesday, October 26, 2016 @ 12 PM 9600.471

Gals and Ghouls, join us in your most Spooktacular costume for a delicious lunch. Fun, games, and activities await you at this monster of a bash. There will be a prize for the best costume. Don't delay, purchase your ticket today. **Space is limited, so register in advance.** This event sold out last year! Fee: \$5 Resident/ \$6 Non-Resident

Dia de los Muertos: Wednesday, November 2 @ 1 PM 9600.472

Join us for the festive tradition of Dia de los Muertos (Day of the Dead) and celebrate the lives of our departed loved ones. There will be an area to display your photos or mementos to honor loved ones who have passed. Enjoy coffee and Pan de Muertos (sweet bread). The display will be left up until the evening of November 3 to give everyone a chance to see it. Please stop by the main office to register.

Pumpkin Pie Social: Wednesday, November 16 @ 1 PM 9600.473

Grab a slice of pumpkin pie, coffee, tea and conversation to kickoff Thanksgiving. Have fun with some games and a Thanksgiving craft. **Must pre-register.** Fee: \$2 Resident/ \$3 Non-Resident

Cider Celebration and Tree Decorating: Wednesday, December 7 @ 11 AM 9600.474

Sip a warm cup of cider and help us get Norman Park into the holiday spirit. We will provide the decorations, but we need some elves to make it sparkle. Warm cider, coffee, and treats will be available. This event is FREE but space is limited, so be sure to register early. **Must pre-register.**

Holiday Brunch: Wednesday, December 21 @ 10:30 AM 9600.475

Back by popular demand Norman Park will be having its annual holiday brunch. Please help us celebrate the holidays by joining us for a beautiful event hosted by our staff. **This event will sell out so register early!** Fee: \$5 Resident/ \$6 Non-Resident

Register at the front desk or online at chulavistaca.gov/rec

Norman Park Updates

Norman Park Senior Center will be **CLOSED**:

Veterans Day: November 11, 2016

Thanksgiving: November 24—25, 2016

Holiday Closure: December 24, 2016—January 1,

To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at www.chulavistaca.gov/rec or can be sent electronically via email. Please stop by the front desk to add your email to our list.

Calling all Volunteers!

We are looking for front desk & event committee volunteers. If you are interested please come to the main office or call (619) 409-1930. Volunteers must apply online at <https://www.volgistics.com/ex/portal.dll/ap?AP=1699159671>

Commission on Aging

Meets the 2nd Wednesday of every-other-month (November 9) from 2:45—4:00 PM in the Conference Room. For more information contact (619) 409-5979.

YOUNG AT HEART STORY TIME

Oct.: 5200.471; Nov. 5200.472; Dec. 5200.473

The Center will be hosting a new intergenerational program in which seniors will read stories to preschool aged children. This program is free. We are currently seeking volunteer readers to help get this program going. This program will be held each month from 10:30 AM—11:00 AM. Dates for this program are October 11, November 8, and December 13.



DAY	TIME	ROOM	COST
2nd Tuesday	10:30 AM—11:00 AM	LOBBY	FREE

MAKE & TAKE COOKING CLASS

Oct. 13th: 2200.471; Nov. 10th 2200.472; Dec. 1st 2200.473



New Class! Make and Take Cooking Class is a hands on cooking class that will provide recipes and treats to take home. Learn some new techniques and enjoy some social time as we discover new ingredients and create dishes that you can take home for a future meal.

DAY	TIME	ROOM	COST
Thursday	12 PM—2 PM	9	\$10 / \$13
(Oct. 13th/Nov. 10th/Dec. 1st)			

LEAGUE OF WOMEN VOTERS

8200.471

The League of Women Voters is a nonpartisan political organization encouraging the informed and active participation of citizens in government. It influences public policy through education and advocacy. They never support or oppose any political party or candidate. Join us for an informational presentation about elections, voting process, local issues, & more!

DAY	TIME	ROOM	COST
Thursday, Oct. 27th	10:00 AM	6	FREE



WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00 AM—9:00 AM COMPUTER CLUB 8:00 AM—12:00 PM ART WATERCOLOR 9:00 AM—12:00 PM SPANISH CONVERSATION 10:00 AM—12:00 PM WORLD AFFAIR GROUP 10:00 AM—12:00 PM BRIDGE CHICAGO 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM MOVIE MONDAY 1:00 PM—3:00 PM BALLROOM DANCE* 1:00 PM—2:30 PM (Fee Pg.6) *Class resumes in November. DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg. 4)	SWC EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM STRENGTH & BALANCE 9:30 AM—10:30 AM (Fee Pg.7) PEP4PA w/UCSD 9:30 AM—10:30 AM SINGING INFORMAL 9:00 AM—12:00 PM BRIDGE 10:00 AM—12:00 PM ADV LINE DANCE 10:00 AM—11:00 AM (Fee Pg.6) BEG LINE DANCE 11:00 AM—12:00 PM (Fee Pg.6) GUITAR LESSONS 11:00 AM—12:00 PM (Fee Pg.6) 1ST, 3RD, 4TH TUES CLUB AMISTAD 12:00 PM—4:00 PM SINGING SENIORS 1:30 PM—3:30 PM CREATIVE WRITERS 2:00 PM—4:00 PM TUESDAY MEDITATION 5:30 PM—6:15 PM (Fee Pg. 7)	EXERCISE WITH KAY 8:00 AM—9:00 AM PINOCHLE 9:00 AM—1:00 PM ARTIST SOCIAL GROUP 9:30 AM—11:30 AM KNITTING & CROCHETING 9:30 AM—11:30 AM MEXICAN TRAIN 12:00 PM—2:00 PM BRIDGE DUPLICATE 12:00 PM—4:00 PM (Canceled on special event days) SCRABBLE 12:30 PM—4:00 PM CRIBBAGE 1:00 PM—3:00 PM TECH 1-ON-1 3:00 PM—5:00 PM (Fee Pg. 6) CHAIR YOGA 4:15 PM—5:45 PM STRENGTH TRAINING 5:45 PM—6:45 PM BUNCO GAME NIGHT - CV SENIOR CLUB 5:00 PM—7:00 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg.4)	SWC EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM STRENGTH & BALANCE 9:30 AM—10:30 AM (Fee Pg.7) PEP4PA w/UCSD 9:30 AM—10:30 AM BEREAVEMENT 10:30 AM—12:00 PM 3RD THURS GARDEN CLUB 11:00 AM—3:00 PM 1ST THURS CV SENIOR CLUB DANCE* 1:00 PM—3:00 PM *Dec. 8 is 1:30 PM—3:30 PM GENTLE YOGA 4:30 PM—6:30 PM	YOGA WITH KAY 8:00 AM—9:30 AM MAH JONGG 10:00 AM—3:00 PM PINOCHLE 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM BINGO - CV SENIOR CLUB 12:00 PM—2:00 PM BUNCO - CV SENIOR CLUB 2:30 PM—4:00 PM BRIDGE 12:00 PM—4:00 PM



Don't forget to mark your calendars!

Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00 PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

October 12—Outback Steakhouse
2980 Plaza Bonita Rd.

November 9—La Bella Pizza
373 3rd Ave.

December 14—Red Lobster
598 H St.



SPECIAL THANKS



The Norman Park Senior Center would like to thank the Rodriguez family from **Chiquita's Mexican Restaurant** at 4110 Home Avenue in San Diego for the generous sponsorship of our Hispanic Heritage luncheon on September 14th. Chiquita's Mexican Restaurant donated delicious food for this special event. We really appreciate them!

OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation Department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Loma Verde Recreation Center 1420 Loma Lane (619) 409-1939

AM Exercise Tuesdays & Thursdays
9—10 AM, \$3 drop in or a monthly fee which varies month to month.

Meditation Class
Mondays 9 AM—9:45 AM
\$5 Drop-in or 8 classes for \$41res/\$50non-res
Session Dates: Oct. 3—Nov. 21

Yoga Class
Saturdays 8 AM—9 AM
\$5 Drop-in or \$46 for 8 classes
Session dates: Oct. 8—Nov. 26

Loma Verde Pool 1420 Loma Lane (619) 409-1987

Water Aerobics
Mon./Wed./Fri. @ 11 AM—12 PM
\$4/class or 10 classes for \$35

Otay Recreation Center (619) 409-1999

3554 Main Street
Feeling Fit Club for Seniors
Mon. & Wed. 9—10 AM
Free



Salt Creek Recreation Center 2710 Otay Lakes Rd (619) 585-5739

Senior Weight Training (Tues. 8 AM—9 AM)
\$40 Res/ \$50 Non-Res
10 week session. Taught by Frances Bordenave.
4355.431

Veterans Park Community Center 785 East Palomar (619) 691-5260

AM Yoga (Mon. & Wed. 9—10 AM)
\$49 Res/\$60 Non-Res
4010.412

Zumba (Tues. 9—9:55 AM)
\$40 Res/\$49 Non-Res
4222.415

Zumba (Thurs. 9—9:55 AM)
\$40 Res/\$49 Non-Res
4222.417

Zumba Combo (Tues. & Thurs. 9—9:55 AM)
\$70 Res/\$86 Non-Res
4222.418



DANCING FOR YOUR HEALTH



The South County Action Network presents Dancing for Your Health/Bailando Por Su Salud on Saturday, October 15, 2016 from 6 PM—9 PM at the Loma Verde Recreation Center (1420 Loma Lane, Chula Vista, CA 91911). RSVP to 1-877-926-8399. Please bring a donation of a non-expired canned or packaged food item to support the San Diego Food Bank.

CHULA VISTA SENIOR CLUB NEWS

Senior Club Board nominations occur in October. The election for 2017 Board Members will be held in November.

Call the hostess desk at (619) 409-1935 for more information.

Bingo Every Friday Time: 12 PM—2 PM

The Chula Vista Senior Club hosts a potluck during bingo every other Friday. Please bring a food item to share. Bingo cards are \$.50 each for club members, \$1 for non-members. Come for fun and the prizes!

Bingo with Potluck
Oct. 14, 28; Nov. 18 ; Dec. 2, 16

Bunco Every Friday 2:30 PM—4 PM

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

2016

SENIOR CLUB BOARD MEMBERS

President: Jane Gerber
1st Vice President: Clara Schollian
2nd Vice President: Vacant
Secretary: Susan Hirshell
Treasurer: Joan Vannoy

Live Band Dances

October 6th & November 3rd
Time: 1 PM—3 PM

\$3 Per Person

*Bring a snack to share (Optional)



December 8th
Lunch 12 PM—1:15 PM
For lunch, RSVP by Nov. 30, pay \$7 in advance. Tickets go on sale November 1st. For more info. call Jane Gerber (619) 254-3201.

Dance is 1:30 PM—3:45 PM
\$3 Per Person (No Food.)

Beverages provided. Tickets sold at the door for the dance.



General Meeting

The Senior Club Board Meetings are scheduled for the 1st Tuesday of each month at 1:00 PM. The General Meetings are afterward at 1:30 PM. The next meetings are scheduled as follows:

October 4th @ 1:30 PM in Room 6

November 1st @ 1:30 PM in Room 6

December 6th @ 1:30 PM in Room 6

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development’s Community Development Block Grant and therefore requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e)]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

CREATIVE

ART WATERCOLOR 3001.471

Are you interested in learning to paint with watercolor? Would you like to meet and paint with other artists? Then this is the activity for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM—12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP 3002.471

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	6	FREE

CREATIVE WRITERS 3013.471

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.

DAY	TIME	ROOM	COST
Tues.	2:00 PM—4:00 PM	CONF. RM.	FREE

KNITTING & CROCHETING 3022.471

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	7	FREE

EXERCISE & FITNESS

EXERCISE WITH KAY 4018.471

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon./Wed.	8:00 AM—9:00 AM	FULL HALL	FREE

STRENGTH TRAINING 4030.471

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	5:45 PM—6:45 PM	9,10,11	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music! It’s not a workout, it’s a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

DAY	TIME	ROOM	COST
Mon. & Wed.	5:30 PM—6:30 PM	6,7,8	Drop-in fee \$3



\$18/\$23 **October** (4730.471)
\$18/\$23 **November** (4730.472)
\$12/\$15 **December** (4730.473)

EXERCISE LONGEVITY STICK 4017.371

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tues./Thurs.	9:00 AM—9:45 AM	PARK	FREE

YOGA 4033.471

Yoga improves cardiovascular health, aids digestion, improves sleep, and lowers blood pressure and cholesterol. This is a gentle class perfect for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Fri.	8:00 AM—9:30 AM	9,10,11	FREE

CHAIR YOGA 4034.472

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	4:15 PM—5:45 PM	9,10,11	FREE

GENTLE YOGA 4035.471

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thurs.	4:30 PM—6:30 PM	9,10,11	FREE

UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors’ homes by volunteers.

Call (619) 420-2782 or visit <http://www.meals-on-wheels.org/> for more information.

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultation and more.

Call (619) 729-2772 for more information.

DAY	TIME	ROOM
Support Group (Spanish)		
1st & 3rd Wed.	4:30 PM—6:30 PM	Upstairs Office

“Clase Calma” Call for dates and times. Upstairs Office (Spanish)

CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. Call President, Marcela Meza for more information at (619) 990-2716. Upcoming dates: **October 4, 18, 25; November 1, 15, 22; December 6, 20. No meeting December 27.**

DAY	TIME	ROOM
1st, 3rd, 4th Tues.	12:00 PM—4:00 PM	9,10,11

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **October 20, November 17, December 15.**

For more information call: President Michael J. Biedenbender (619) 991-0524.

DAY	TIME	ROOM
3rd Thurs.	11:30 AM—2:00 PM	FULL HALL



COOL ZONE

Don’t forget Norman Park Senior Center is a Cool Zone during operational hours until October 31, 2016. Cool Zones are established by the County of San Diego Aging and Independence Services (AIS).

<http://www.sdge.com/cool-zones>



AGE-FRIENDLY COMMUNITY CAFE



Come for a free cup of coffee and conversation about how your quality of life could be improved as you age in the Chula Vista community. Join us for this free event at the Harvest Ridge Community Room at 1388 E. Palomar Street Chula Vista, CA 91913 on October 20, 2016 from 10 AM—11 AM. This event is part of the Healthy Chula Vista Initiative.

HEALTH AND SAFETY

MEN’S HEALTH DISCUSSION GROUP 3033.471

The men’s health discussion is led by Dr. Rosenblatt of Scripps Health Center. Healthy snacks and drinks will be provided!
*This group will meet on the 2nd Monday of every month.

DAY	TIME	ROOM	COST
2nd Monday	12:15 PM—1:15 PM	ANNEX	FREE

AARP SMART DRIVER COURSE (Oct.: 3600.471; Nov.: 3600.472; Dec.: 3600.473)

The AARP Smart Driver™ Course is the nation’s first and largest course for drivers age 50 and older.

DAY	TIME	ROOM
October 11 & 12	12:00 PM—4:00 PM	9,10,11
November 8 & 9	12:00 PM—4:00 PM	9,10,11
December 13 & 14	12:00 PM—4:00 PM	9,10,11
COST : \$15/ARRP-Member \$20/Non-Member. Pay AARP 1st day of class.		



BLOOD PRESSURE SCREENING 8200.475

Blood pressure screening is free to everyone. Services provided by Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st/3rd Fridays	9:00 AM	LOBBY	FREE

SCRIPPS HEALTH TALKS

These talks are presented by Scripps Mercy Hospital Chula Vista Well Being Center.

Topic: <u>Healthy Bones: Understanding Osteoporosis</u>			
DAY	TIME	ROOM	COST
Mon., Nov. 7	10:00 AM—11:00 AM	CONF. RM.	FREE

Osteoporosis is a disease of the bone that leads to an increased risk of fracture. In osteoporosis the bone density is reduced. Unfortunately, there are no early symptoms or warning signs. Come out and participate in an educational session and learn about how to keep your bones healthy, prevention of osteoporosis and suggested treatments and exercise.

HEALTH PRESENTATIONS

Benefits of Coloring!

DAY	TIME	ROOM
Wed, Nov.9, 2016	9:30 AM	10

Coloring has long been considered a therapeutic activity suitable for the young and old. Coloring evokes feelings of peace, enjoyment, and satisfaction. Revisiting this much loved childhood pastime is well worth the effort. Attend this free presentation for a fun activity guaranteed to have you in a peaceful place.

Braille Institute All About Eyes

DAY	TIME	ROOM
Wed., Nov. 16, 2016	10 AM	10

Macular Degeneration, Glaucoma, Cataracts and Diabetic Retinopathy are some of the leading causes of senior related vision loss, affecting approximately 6.5 million over the age of 65. Through simulator glasses, and hands-on demonstrations, this presentation will take you on an educational journey into the world of age related eye conditions.

Sharp Health Care Free Medicare Seminars

Medicare doesn't have to be confusing. Let the experts from Sharp Health Plan explain how Medicare works and answer all your questions. Sharp Health Plan is offering brand new Medicare Advantage plans for 2017 that may help you save money. RSVP at sharpmedicareadvantage.com (optional.) A sales person will be present with information and applications.

DAY	TIME	ROOM
Thursday, November 3, 2016	10 AM	10
Thursday, December 1, 2016	10 AM	10

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development’s Community Development Block Grant and therefore requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

BEREAVEMENT SUPPORT GROUP 3003.471

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM—12:00 PM	CONF. RM.	FREE

PINOCHLE 3026.471

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don’t be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—1:00 PM	LOBBY	FREE
Fri.	12:00 PM—4:00 PM	LOBBY	FREE

SPANISH CONVERSATION 3333.471

Brush up on your Spanish speaking skills in our Spanish Conversation group where you’ll meet a bunch of friendly people who are learning Spanish and can practice with you.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	CONF. RM.	FREE

CRIBBAGE 3028.471

Stop by the lobby to play with NPSC’s cribbage group. Beginners welcome. For more information, contact John Field at (619) 271-5053.

DAY	TIME	ROOM	COST
Wed.	1:00 PM—3:00 PM	LOBBY	FREE

MEXICAN TRAIN & OTHER GAMES 3024.471

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don’t be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM—2:00 PM	LOBBY	FREE

SCRABBLE 3789.471

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	12:30 PM—4:00 PM	LOBBY	FREE

MOVIE MONDAY 3025.471

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained. If you have a movie request let the staff know and we will search our archives!

DAY	TIME	ROOM	COST
Mon.	1:00 PM—3:00 PM	HALL	FREE

BRIDGE

Mon. (3007.471); Tues. Class (3011.471);

Wed. (3006.471); Fri. (3008.471)

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world’s most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon. (Bridge Chicago)	12:00 PM—4:00 PM	6	FREE
Tues. (CLASS)	10:00 AM—12:00 PM	6	FREE
Wed.	12:00 PM—4:00 PM	7	FREE
Fri.	12:00 PM—4:00 PM	6	FREE

WORLD AFFAIRS GROUP DISCUSSION 3032.471

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	10,11	FREE

BILLIARDS ROOM TOURNAMENT 3005.471

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

DAY	TIME	ROOM	COST
4th Thurs.	12:00 PM—4:00 PM	ANNEX	FREE

SHUFFLEBOARD 3029.471

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

DAY	TIME	ROOM	COST
Tues./Thurs.	11:30 AM—5:00 PM	ANNEX	FREE

NEW MAH JONGG 3030.471

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles. Both new and experienced players are encouraged to bring a sack lunch to enjoy and join this friendly group for a day of Mah Jongg.

DAY	TIME	ROOM	COST
Fri.	10 AM—3 PM	LOBBY	FREE



CLASSES & ACTIVITIES

INSTRUCTED

BALLROOM DANCE

Oct. (no class); Nov. (3014.472); Dec. (3014.473)

This course is designed to introduce students to formal ballroom dance. The instructor will teach the different dance structures, and a variety of dances such as the Waltz, Foxtrot, Cha-Cha and Tango. You don't need a partner. Just come and enjoy! **Class will resume in November.**

This class is taught by: Galina Galchenko

DAY	TIME	ROOM
Mon.	1:00 PM—2:30 PM	7 & 8

COST: Month: \$10/Res & \$13/Non-Res
Drop-in: \$3.00/Day



GUITAR LESSONS

Oct. (3019.471); Nov. (3019.472); Dec. (3019.473)

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

This class is taught by: Scott Humphries

DAY	TIME	ROOM
Tues.	11:00 AM—12:00 PM	11

COST
Month: \$21/Res & \$26/Non-Res



LINE DANCE (Advanced/Beginner)

Adv.: Oct. (3015.471); Nov. (3015.472); Dec. (3015.473)

Beg.: Oct. (3016.471); Nov. (3016.472); Dec. (3016.473)

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advance and Beginner levels! This class is taught by: Shirley Wilson

DAY	TIME	ROOM
Advance Tues.	10:00 AM—10:50 AM	7 & 8
Beginner Tues.	11:00 AM—11:50 AM	7 & 8

COST
Month: \$20/Res & \$25/Non-Res
Drop-in: \$6.00/Day



ENRICHMENT

SINGING INFORMAL

3041.471

Share your talent with other singing seniors in our community! Come and enjoy an informal signing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:00 AM—12:00 PM	ANNEX	FREE

SINGING SENIORS

3042.471

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM—3:30 PM	ANNEX	FREE

BINGO—CV SENIOR CLUB

3004.471

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM
Fri.	12:00 PM—2:00 PM	9,10,11

BUNCO—CV SENIOR CLUB

3009.471

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

DAY	TIME	ROOM
Fri.	2:30 PM—4:00 PM	9,10,11

BUNCO GAME NIGHT—CV SENIOR CLUB

3010.471

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary. Join us for these fun game nights!

DAY	TIME	ROOM
Wed.	5:00 PM—7:00 PM	LOBBY

SENIOR TECH

TECH ONE-ON-ONE

3200.471

Private one-on-one instruction provided on any phone and/or tablet device. Please call the front desk to schedule an appointment. Payment is due the day of class.

WEDNESDAYS

TIME : 3:00 PM—5:00 PM

COST : \$10 per 30 minute session (\$13 Non-Residents)



CLASSES & ACTIVITIES

NEW STRENGTH & BALANCE

4036.471

Perform better, have better balance, and look forward to being active. This class will establish and expand upon basic factors that improve balance, agility, posture, and functional strength. This class is progressive in nature and is appropriate for beginner to intermediate levels of fitness.

DAY	TIME	ROOM	COST
Tues. & Thurs.	9:30 AM—10:30 AM	9	\$45 / \$56

NEW TUESDAY MEDITATION

4500.471

Learn techniques to manage and reduce stress, calm your mind, and increase overall awareness in your daily life with this class. Take time for yourself; learn new meditation practices or deepen your practice. Classes will include seated meditation, breath awareness, and mindful movement. **Class begins Oct. 18 and is 7 weeks.**

DAY	TIME	ROOM	COST
Tues.	5:30 PM—6:15 PM	10	\$32 / \$40

SOUTHWESTERN COLLEGE SENIOR EXERCISE

4040.471

This SWC extended learning course is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Must register through Southwestern College.

No classes in July.

DAY	TIME	ROOM	COST
Tues. & Thurs.	8:00 AM—9:00 AM	FULL HALL	FREE

PEP4PA WITH UCSD (Walking For Fitness)

4615.470



DAY	TIME	ROOM	COST
Tues. & Thurs.	9:30 AM	9 & 10	FREE

The City of Chula Vista has partnered with the National Institutes of Health and the UCSD Health and Family Medicine Department by launching a Walking For Fitness (WFF) program in the effort to improve the quality of life for adults, ages 50+. We currently have thirty-eight participants plus four Peer Health Coaches.

WFF participants meet at the NPSC every Tuesday and Thursday at 9:30am. After a short sharing of ideas or health tips, it's out walking we go. If this sounds like something you would like to participate in, please contact Khalisa Bolling at (858) 534-5726. The WFF information line is (858) 245-6097.

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

Fitness Center

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards, and free weights.

COST: October—December \$35/Res & \$44/Non-Res
(4111.471)

One Month: \$15/Res & \$19/Non-Res

(October: 4112.471; November: 4112.472; December: 4112.473)

Fitness Center Hours

Monday/Wednesday/Friday 10:30 AM—2:00 PM

Tuesday/Thursday 8:00 AM—12:30 PM

Evening and Saturday Hours

Monday-Thursday 5:00 PM—7:00 PM

Saturday 8:30 AM—11:00 AM

